

The Harvard Carnivore Diet Study Health Benefits

Exploring Health Impacts of an All-Meat Diet

What would be the expected health benefits of the described individual providing that he or she adhere to the diet for a minimum of two years

Based on the Harvard Carnivore Diet Study, an individual adhering to the carnivore diet for a minimum of two years might expect to experience the following health benefits, as reported by the study participants who had been on the diet for a median of 14 months and up to 28 years¹ ...:

Overall Health Improvement: A very high percentage (95%) of participants reported improvements in their overall health⁴ ... Improved Appetite Control: 91% noted better hunger management and reduced food cravings⁴ ... Increased Energy Levels: 89% reported higher energy levels⁴ ...

Enhanced Mental Clarity and Focus: 85% experienced improved mental clarity, and 83% reported better focus⁴ Gains in Physical Performance: 78% reported increased strength, and 76% reported increased endurance⁵ ... Better Sleep Quality: 69% experienced improvements in sleep⁵

Improved Memory Function: 66% reported better memory⁵ Management of Overweight/Obesity: 93% of overweight or obese participants reported improvements, with a mean BMI decrease from 27.2 to 24.3, moving the group into the healthy weight range¹⁰

Improvement or Resolution of Hypertension: 93% of participants with hypertension reported either improvements or complete resolution¹² Alleviation of Gastrointestinal Issues: 97% of those with gastrointestinal problems reported improvements¹²

Management of Musculoskeletal Problems: 96% reported improvements¹³ Improvement in Psychiatric Symptoms: 96% experienced positive changes¹³ ...

.Significant Improvement or Resolution of Diabetes/Insulin Resistance: An exceptional 98% of participants with diabetes or insulin resistance reported significant improvement or complete resolution¹² ...

Reduction in Medication Use, Particularly for Diabetes: Participants reported substantial decreases in medication use, including complete discontinuation of diabetes injectables by 100% of users, and significant reductions in insulin and oral diabetes medications¹¹

